



MENTAL
HEALTH

it's part of our classrooms

MY SENIOR YEAR CHANGED AND WAS SOMEWHAT HARDER...THOUGH I PLAYED BASKETBALL AND DID WELL ACADEMICALLY, I STRUGGLED MENTALLY. THE STAFF AT [MY HIGH SCHOOL], HAVING SOME KNOWLEDGE ABOUT MENTAL HEALTH ISSUES AND EMBRACING ME IN THE MANNER THEY DID, HELPED ME SO MUCH.

— STUDENT-ATHLETE OF THE YEAR
DIAGNOSED WITH BIPOLAR DISORDER

DON'T FORGET TO FACTOR IN MENTAL HEALTH

Because when you do, it makes a difference. Growing evidence shows that when schools address mental health issues they can:

- Boost academic achievement
- Reduce absenteeism
- Increase graduation rates

Learn more about mental health and teens. Ask your administrator about the new Eliminating Barriers for Learning training package.

MENTAL HEALTH PROBLEMS AFFECT 5 TO 9 PERCENT OF TEENAGERS IN AMERICA
5% TO 9% = ABOUT 1 IN 15 = ABOUT 2 STUDENTS IN EVERY CLASSROOM ON AVERAGE



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.allmentalhealth.samhsa.gov